

NEW
Whole Health
Offering

**The Manchester VA
Medical Center**
in partnership with the
YMCA of the Seacoast
presents

Veteran Yoga for Well-Being

HOW YOGA CAN BENEFIT

**INCREASED FLEXIBILITY & STRENGTH
REDUCED ANXIETY & STRESS
INCREASED ENERGY
IMPROVED BODY AWARENESS**

Where: YMCA of the Seacoast
550 Peverly Hill Road, Portsmouth

When: Thursdays from 2-3 p.m.
Beginning September 19th
*Open to all Veterans

**For more information please contact
The Whole Health Program
603-624-4366 Ext. 2680**

**Health
for Life**

COMPONENTS OF PROACTIVE HEALTH
AND WELL-BEING

Learning from the teacher within

